



Sugar Shocker!

Drinks (Common Sizes)	Amount of Added* Sugar Per Container	Teaspoons of Added* Sugar Per Container
Regular pop (591 mL)	68 g	17 tsp.
Fruit Drink (591 mL)	53 g	14 tsp.
Energy Drink (473 mL)	46 g	12 tsp.
Sports Drink (710 mL)	40 g	10 tsp.
Iced Cappuccino (515 mL)	37 g	9 tsp.
Iced Tea (591 mL)	33 g	8 tsp.
Vitamin-added Water (591 mL)	32 g	8 tsp.
100% Fruit Juice (200 mL)	20 g	5 tsp.
Chocolate Milk (237 mL)	13 g	3 tsp.
Plain Milk (237 mL)	0 g	0 tsp.
Water	0 g	0 tsp.



Eat Well. Be Active. Feel Good.

Bien manger et bouger pour le plaisir de vivre!

Children ages 7-13 should have no more than 10 teaspoons of added* sugar a day. Adults should have no more than 13 teaspoons of added* sugar a day.

*Added sugars are sugars that are added to foods or beverages when they are processed. This also includes sugar in honey, syrups, fruit juices and fruit juice concentrates.

